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OCT. 24, 2016 | VOL. 48 ISSUE NO. 6

**"I AM NOT MY
MENTAL ILLNESS"**

BY JULIE PIKE | P 6

**COPING THROUGH
SOCIAL MEDIA**

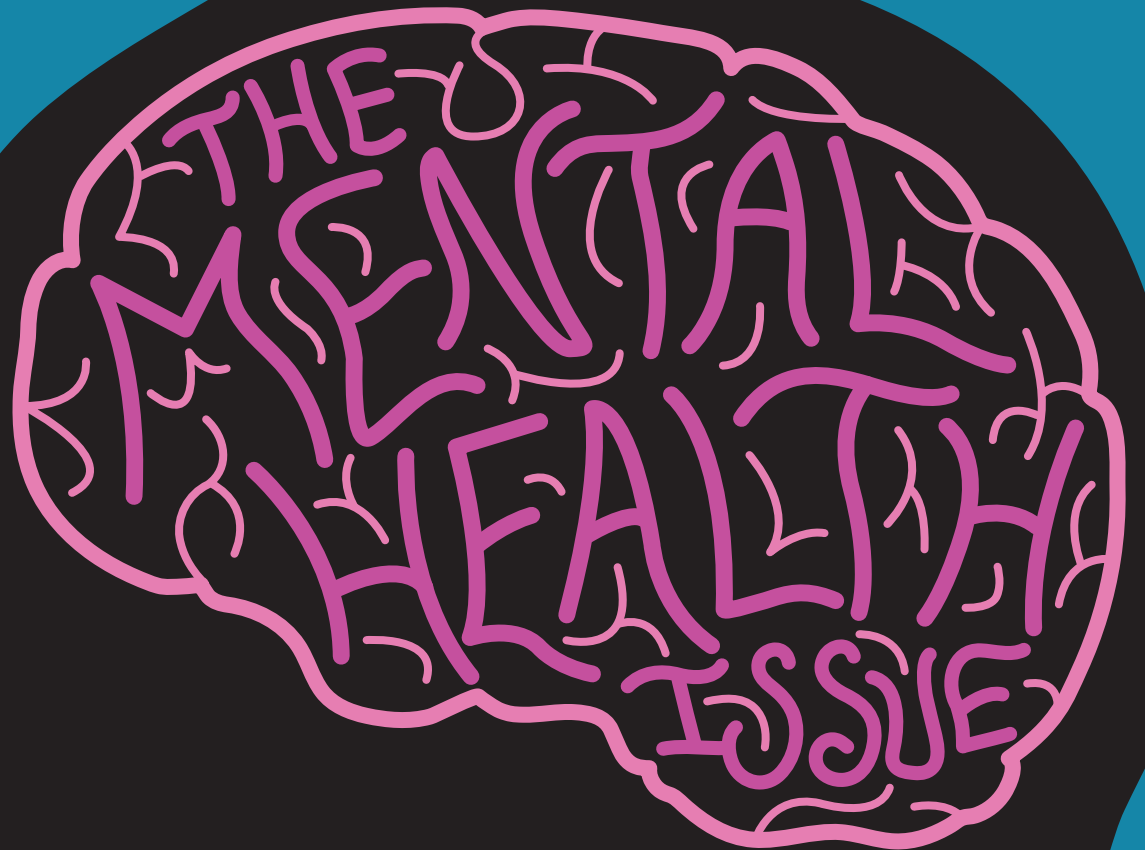
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Our Opinion

Suicide 101: What you need to know

Editorial Staff
Free Press Staff

According to the American Foundation for Suicide Prevention, Suicide is the 10th leading cause of death in the United States, which takes the lives of almost 43,000 people per year. It's an epidemic that has only gotten worse throughout the years. While these numbers are staggering, there are still hundreds of cases that go unreported each year, and many more cases of individuals who are considering it, sometimes more than once, but never attempt it. While males are 4 times more likely than females to die by suicide, females attempt suicide 3 times as often as males. According to the Center for Disease Control and prevention, American Indians had the sharpest rise of suicide rates in 2014 compared to all other racial and ethnic groups, with rates rising by 89 percent for women and 38 percent for men.

“According to the American Foundation for Suicide Prevention, Suicide is the 10th leading cause of death in the United States, which takes the lives of almost 43,000 people each year.”

Suicide is not to be taken lightly. There are a variety of reasons in which one chooses to end their life. There is a strong link between poverty, hopelessness and health that suggests individuals who are looking to end their life have no one to turn to for help. Perhaps they are unaware other people in the world are struggling the way they may be, and seek an alternative to suffering in a way that ends in self-destructive despair. Middle-aged men, who are the most likely to commit suicide, have been thought to do so because they are from the “baby-boomer” generation that valued masculinity and self-reliance. The New York Times reported in April this, as well as the dangerous spike in suicide attempts, noted that these ideals and values strongly interfere with one’s desire to reach out for help. As college students, it can be difficult to juggle the responsibilities of work and school, and our deeply embedded desire to impress both ourselves and the people we love can be an overwhelming task. According to the National Alliance for Mental Health, almost one-third of college students have reported feeling so depressed they had trouble functioning. High stress in correlation with an untreated mental illness acts as one of the leading cause of college dropouts. So what can we do with all of this information? It’s hard to put any sort of laws and regulations in place, as people who are intent on committing suicide may do so if no one

The facts about SUICIDE PREVENTION

Suicide typically occurs when stressors exceed current coping abilities of someone suffering from a mental health condition.

SUICIDE WARNING SIGNS

 TALK If a person talks about: <ul style="list-style-type: none">• Feeling trapped• Being a burden to others• Having no reason to live• Having unbearable pain• Killing themselves or wanting to die	 BEHAVIOR Specific things to look for: <ul style="list-style-type: none">• Increased use of drugs/alcohol• Sleeping too much or too little• Isolating from family or friends• Withdrawing from activities• Saying goodbye to people• Giving away prized possessions	 MOOD If a person often shows 1 or more of these moods: <ul style="list-style-type: none">• Depression• Loss of interest• Rage• Irritability• Humiliation• Anxiety
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SUICIDE RISK FACTORS

 HEALTH <ul style="list-style-type: none">• Mental health conditions• Substance abuse disorders• Serious or chronic health condition and/or pain	 ENVIRONMENTAL <ul style="list-style-type: none">• Stressful life events such as a death, divorce, or job loss• Access to lethal means including firearms and drugs• Exposure to others who have died by suicide	 HISTORY <ul style="list-style-type: none">• History of trauma or abuse• Previous suicide attempts• Family history of suicide attempts
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Information taken from: suicidepreventionlifeline.org and afsp.org

Hannah Lyon / Design Director

is around to coach them out of it. Even more, the methods of suicide cannot be revoked, and are easily obtainable at any convenience store. The best method of action, then, is to spread awareness and understanding. If you see an individual who is obviously upset, let them know that you care. Do not be invasive, but be sure to spread your kindness. Know the warning signs - if someone you know addresses concerns that they may be a burden, or feel trapped in their struggles, let them know that help is available. If caught early, these changes in talk, behavior and mood can be addressed by others. It is up to all of, as bystanders and as advocates for the safety of other human beings, to address our concerns either to the individual or to someone who could better help them. Here at the University of Southern Maine, we are for-

tunate to have a variety of resources for students who are struggling with suicidal thoughts. From clinical counseling, to crisis intervention and psychoeducation, there are a variety of ways that students, faculty and staff can take advantage of. If you or someone you know is struggling with an undiagnosed mental illness, suicidal thoughts, or just need someone to talk to, you can call the lifeline hotline, a free and confidential phone number, at 1-800-273-8255. Remember, people are here to help, and we can break the stigma of mental illness and suicide by talking about it openly and ensuring individuals that is it okay to feel the way they do.



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LETTER FROM THE EDITOR

The mental health awareness issue

A personal journey for some

Everyday, I fight a battle within myself that others cannot see. It's a losing one at times, where emotions I never planned on showing come flooding out into the world. It's a nightmare, where every emotion feels strong and surreal, with these feelings attaching to every memory I have.

Having Bipolar and Attention Deficit Disorder means that telling someone about my mental illness' may result in losing a friend, a family member, a colleague from my life. It means bearing my soul to them, letting them know what I'm truly hiding. Their responses show their true colors, exposes their opinions in either, "You're crazy," or "It's an excuse, you can control yourself." With each one of these statements I used to feel weaker, a little more lost in this struggle - but now I see it as an empowering statement, a way to prove them wrong.

The journey to my recovery has taken a lot of time, and is something I can never truly live without. It's a lifelong diagnosis that I often found hard to accept. This recovery from my own feelings has been tiring, as I often find myself on emotional rollercoasters that I cannot control. I'm left picking up the pieces afterward, and only a select few people are here to help me.

It's lonely. It's like being stuck in a chamber of emotions that I cannot escape, and I cannot choose just one. You would think it's a blessing to feel such elated happiness, such love for others - but it's more than that. It's also a set of curtains that sometimes shut the sunshine out for days.

I had grown into a teenager who couldn't cope with the world. Many thought it was normal that I expressed such rebellious behavior: I was 15, after all, and the responses I received from family members included, "Stop being so dramatic. You must be on your period! Control your hormones, girl."

Perhaps to some extent they were right. I was young and learning about the world. My frontal cortex was developing, while Serotonin and Dopamine learned a chemical dance in the depths of my brain. But this behavior was always worse than my peers. When I got excited, I couldn't stop talking, and my speech became slurred and rapidly increased its speed. The combination of ADHD and Bipolar made it difficult to socialize and to be

appropriate with conversation.

I didn't listen well. I made rash choices, drinking just to be more social and spending every dime I had made on food. I skipped classes with friends at every chance I got, and regardless of how hard I tried I received terrible grades.

Then, at the drop of a hat, I would change. It was unpredictable and tiring. I would snap angrily at the people I cared about, say hateful things I didn't mean. It was as if the blood in my veins boiled for a vengeance that didn't exist - and I used my emotional fire to destroy the ego of others. It wasn't until I was standing in the ashes of my broken relationships that I would realize what I had done. And then the depression kicked in.

I was isolated, simply because I had chosen to do so. The one's I cared about had been in the path of my own self destruction, and wanted no involvement with my presence. I would self-mutilate. I would cry until my face hurt. I would scream into my pillow, punch holes in my walls as if I was trying to reach for something tangible.

When the waves of lethargic oceans came crashing down on me, I would lay in the darkness and wish for someone to corral my emotions like cattle. I would think about life from a dark perspective, I would wonder what this life even meant, what it was all worth living for.

And just like that, I would switch again. I would become happy again, apologizing to friends and family and would try getting my life back in order. It confused the people that cared about me more than it confused myself. I knew something was wrong, but others didn't want to admit it. "You're just growing into a woman," a friend once told me, "and all women are emotional like that."

Many years went by like that - lost and forgotten in the storm of my own identity. I struggled to figure out who I was and what I wanted in life. But I had thought that was normal. Everyone does that. I was told from the beginning that I had control over how I felt, that I needed to acquire cognitive behavioral therapy skills that would help adjust my reactions to others.

And I tried that as well. A reaction to a situation meant that I was supposed to analyze my own behavior and react in a way that was appropriate. But it

wasn't that simple. An argument with friends turned into the end of the world, a constant and defeating battle of anxiety that kept me awake at night.

My self-esteem was constantly being quantified by the reactions other people gave me - and even if it wasn't negative, my brain found a way to twist and contort reality into something malicious, a demonic voice in the back of my mind that told me I wasn't good enough, wasn't pretty enough, wasn't smart enough to control myself.

With all the chaos of uncontrolled emotions, I began to do my research, and I found I wasn't alone. According to the National Institute of Mental Health, over three million cases of Bipolar in the United States are reported each year. Bipolar cannot be cured, but can be maintained. In addition, my diagnosis of ADHD had taken so long to diagnose because, while my father, brother and younger sister were all diagnosed, my erratic behavior wasn't seen to be as detrimental as theirs. It wasn't until years later that I had learned adult ADHD had very different symptoms than what they tell you children experience.

Today, I am taking all the necessary precautions to ensure I am successful in life. I am open with you, as the readers, because I want to end the social stigma. All of us at the Free Press want to. This issue explores the idea of maintaining mental health, and even tells the stories of those who've endured the struggle of a mental illness.

I tell you my story because I want to prove that, regardless of what you're experiencing, there are always people here to help. When my life came crashing down on me, and I thought I'd have to drop out of college, the wonderful counselors at USM helped me not only by listening to what I had to say, but they helped me organize my life and get back on my feet.

Today, I work two part-time jobs and take full time classes, something I never thought I'd be able to do. I still battle with my insecurities, but I'm still learning. Healing doesn't happen overnight. If I can come back from this, after a young adulthood of confusion and fear, I know that you can too.

Triggered by Trump

Johnna Ossie
News Editor

One in six women will be the victims of rape or attempted rape in their lifetimes. According to the Rape, Abuse and Incest National Network (RAINN), there are close to 3,000 victims of sexual assault in the United States each year. Sexual assault is any act of a sexual nature that takes place without the explicit consent of the person acted upon. Victims of sexual assault can struggle with mental health issues such as anxiety, depression and post-traumatic stress disorder for years after they are assaulted.

Early in October, video recordings of Republican Pres-

'em by the pussy. You can do anything."

When discussing a woman he tried to have sex with, Trump said, "I moved on her like a bitch."

When a woman came forward accusing Trump of sexually assaulting her on an airplane, Trump said the woman wasn't attractive enough for him to assault.

"Believe me, she would not be my first choice," he said.

This isn't the first degrading thing that Trump has said about women on record. He tweeted in May 2013, "26,000 unreported sexual assaults in the military, only 238 convictions. What did these geniuses expect when they put men and women to-

violating the Fair Housing Act by refusing tenancy to Black renters. He fosters hatred among his supporters, and many have been filmed verbally and physically assaulting people of color while screaming "Trump."

It's easy to see Donald Trump's opinions of women. These are only a small sampling of the things he has said, done and vowed to do to women. His comments have sent of a wave of anxiety and panic across the country

Jessie VanBenschoten, a Portland local, said that Trump's words have reminded her of the way her father acted towards her as a child. VanBenschoten reports, "Trump has brought up feelings of fear that remind me of my father, an abusive alcoholic, who would verbally abuse my mother and I with rhetoric similar to Trumps."

Trump has called women "fat pigs," "dogs" and "slobs." He calls women who offend him ugly or makes comments about the fact that they must be menstruating.

"When I was a kid [my father] mercilessly picked on me for being chubby to the point where I battled an eating disorder well into college that still comes out now," Said VanBenschoten.

Trump promised, in the most recent presidential debate, to do everything in his power to overturn Roe v. Wade, a landmark ruling from the Supreme Court in



Donald J. Trump
@realDonaldTrump



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26,000 unreported sexual assaults in the military- only 238 convictions. What did these geniuses expect when they put men & women together?

1973 that declared the government cannot deny a woman's right to an abortion.

In the debates, he continuously interrupted his opponent, Secretary Hillary Clinton. In the most recent debate, Trump interrupted Secretary Clinton 67 times.

Emma Donnelly, a USM sophomore and resident assistant, has been disturbed by Donald Trump's most recent comments.

"As a survivor of sexual assault, I find it disturbing and almost personally insulting that people are letting him get away with this and think it's normal," Donnelly said. "The fact that someone similar to my perpetrator has the potential to lead this entire country is just absolutely unbelievable, and is honestly my worst nightmare."

Donnelly described how Trump's attitude towards women has been particularly upsetting to her: "It's completely dehumanizing, dangerous, and invalidating."

Arwyn Sherman, who works at Shalom House in Portland, said that hearing Trump describe grabbing women's genitals without their permission brought up a traumatic memory of being groped by a classmate as a young child.

"I remember we were standing in line for recess outside of the classroom and I felt a sensation in between my legs," Sherman said. "A male classmate had thought it would be funny to grab me there from behind and make a honking noise. His grip was hard and sure of itself. I remember feeling incredibly violated and alone. I think a few girls defended me. I started crying."

Sherman said that they have been experiencing more symptoms of anxiety as a result of the election.

"I have more panic epi-

sodes and have anxiety to the point where I struggle to leave the house," they said. "I've been having post-apocalyptic nightmares again which hasn't happened since I began treatment for my mental illness six years ago."

Sherman said one of their biggest fears with a Trump presidency is the hatred he breeds.

"I'm more concerned that racist, rapey people are getting deeply validated in a way that they previously were not," said Sherman. "I think

he has people who want him as our president....Trump is literally just a product of his upbringing. Trump is responsible for his actions but ultimately what is so scary is that I know men in my life exactly like him."

The United States has a presidential candidate who reminds citizens of their abusive parents, their rapists, their classmates who violated them, the person who yelled racist slurs at them on the street, the person who threatened them because of their



Donald J. Trump
@realDonaldTrump

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.@ariannahuff is unattractive both inside and out. I fully understand why her former husband left her for a man- he made a good decision.

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idential Candidate Donald Trump leaked, in which he openly bragged about sexually assaulting women.

Trump is recorded as saying, "You know, I'm automatically attracted to beautiful. I just start kissing them. It's like a magnet. Just kiss. I don't even wait. And when you're a star, they let you do it. You can do anything. Grab

gether?"

Trump's outright racism and Islamophobia are just as disturbing as his comments about women. He started his presidential campaign by generalizing all Mexican immigrants as rapists and drug addicts. He has stated he would like to ban Muslims from entering the US. In 1973, he was sued for



Donald J. Trump
@realDonaldTrump

"@mplefty67: If Hillary Clinton can't satisfy her husband what makes her think she can satisfy America?" @realDonaldTrump #2016president"

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100 RETWEETS 113 FAVORITES

the damage has been done regardless of who ends up as president. In some ways, this is positive because we have exposed the nasty underbelly of hundred of years of oppression."

VanBenschoten listed some of her biggest concerns if Trump were to win the election: "The fact that he will be in any way cognizant of the nuclear codes. The fact that we have come so far exposing rape culture, the thought of him, rape culture's poster boy, running the country is mortifying."

Sherman added, "I don't know if it's Trump that is scaring me more or the fact

religion. Trump is literally making American citizens sick through the amount of stress, anxiety and trauma that is being brought up during this election.

"Normally I would tell people 'I don't care who you vote for as long as you vote,'" Donnelly said, "but that is no longer true. I genuinely can't find it in my heart to respect anyone who is voting for Trump. He is dangerous and he is not representative of this country. I cannot fathom why someone would be okay with him being the one our kids look up to."

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How addiction correlates with mental illness

Cooper Krause
Staff Writer

Addiction affects us all, whether it is personal—a family member or friend who is struggling—or addiction’s impact on the community at large. Despite its prevalence, addiction is a largely misunderstood topic. There is a tendency for those who struggle with addiction to be stigmatized. The stigma attached to addiction create prejudice in individuals, in media and in policies. Ultimately, this makes it more difficult for people who struggle with addiction to be forthright about their problem, and can diminish their access to quality treatment, and at times, it can interfere with their ability to function within society.

In order to respond to addiction effectively, one must first acquire an understanding of what addiction is and how it occurs. Psychology professor Dr. Rikki Miller uses rats to study how nicotine affects the brain when used in tandem with other activities. This research, she believes, shows how strongly addiction correlates with mental illness.

“People struggling with addiction can ex-

hibit symptoms of other mental illnesses,” she stated. “Similarly, people who struggle with mental illness, and don’t know how to properly cope, may fill the gap with substance. However, addiction is itself a mental illness.”

The National Institute on Drug Abuse (NIDA) defines drug addiction as “a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.” It is considered a brain disease because drug use changes the structure of the brain and how it works.

Depending on the substance or behavior, addiction can have different effects on individuals, but many substances can spark addiction. Heroin can impact the brain quickly enough to cause dependency and physically painful withdrawal symptoms upon first use. Marijuana, on the other hand, alters various parts of the brain during its high, but doesn’t cause serious change in an adult brain.

Miller stressed, “Once an individual reaches a serious enough state of dependency, or when the motive behind drug intake becomes avoidance of withdrawal symptoms, a person is no longer making



Photo Patrick Higgins, Former Free Press Staff

College students may not understand the seriousness of appropriate substance use.

coherent decisions. At this point, intervention is necessary.”

Substance use can be difficult for individuals to navigate on campus. Students come to college with many different motives, different ideas for exploring their in-

dependence, and all different backgrounds relating to addiction. College campuses are notoriously hotspots for binge drinking and drug use. Even if a person believes their

See **ADDICTION** on page 9

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"I am not my mental illness"

Julie Pike | Free Press Staff

USM community works to dispell stigma surrounding mental illness

The World Health Organization defines mental health as "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community." What should be stressed in this definition is that every individual has mental health.

"Everybody has mental health, everybody struggles and everybody needs help sometimes," stated Hilarie Fotter, a graduate assistant at USM's Health and Counseling Services.

Fotter provided several stats about mental illnesses: "Approximately one in five youth and young adults experience a mental health condition.

Seventy-five percent of all lifetime mental health conditions begin by the age 24."

The pressures in college can be challenging for students, with the stress of schoolwork, the stress of relationships and of adulthood. College is often a test of an individual's mental health.

According to Robert Small, Director of Counseling for Health and Counseling Services at USM, the most prevalent conditions college students have are anxiety and depression.

"Everybody experiences sadness, fear and anxiety," he stated. "Everybody has to go through all of the challenges of life. We have to accept that we are all human."

Health and Counseling Services sees approximately 650 students each school year. Currently there are 8,506 students enrolled at USM. Yet, only six to seven percent of the study body utilizes the resources that USM offers.

The stigma of mental health is a big factor that prevents students from getting help with mental health conditions.

"When experiencing mental illness, people often think that they are weak or that there is something wrong with them," Small said, "people stigmatize themselves as well as others."

"We as humans like to pride ourselves as being in control of things," Fotter stated. "It's hard for us to say that it's okay when we're not in control and we judge ourselves on that."

Small stated that 20 percent of students across the country in college have a diag-

nosable mental health condition. Although mental health conditions can greatly impact college students, he believes that mental health is an issue for a whole society and that it is important that everyone is accepting of others.

Several factors lead to a stigma with mental health, including the influence of media, individual beliefs and prejudices.

"There is a strong negative opinion of mental disorders in the media," said Fotter. "We see things like mental illness portrayed very over the top."

USM Health and Counseling has several programs working to destigmatize mental illness.

The Wellness Resource Centers (also known as The Wells), which are located on the Portland and Gorham campus are focused on helping students develop and increase their awareness of the many aspects of wellness, including mental health.

The Recovery Oriented Campus Center (ROCC) in Portland helps build peer support, and creates a supportive community for students recovering from substance use and other mental health conditions.

The USM Cares program, which Fotter oversees, is a mental health awareness and suicide prevention program on campus.

"We try to bring a message of normality to the idea of mental health, and to help people understand what mental health might look like as well as how to find support for yourself and your friends," she stated.

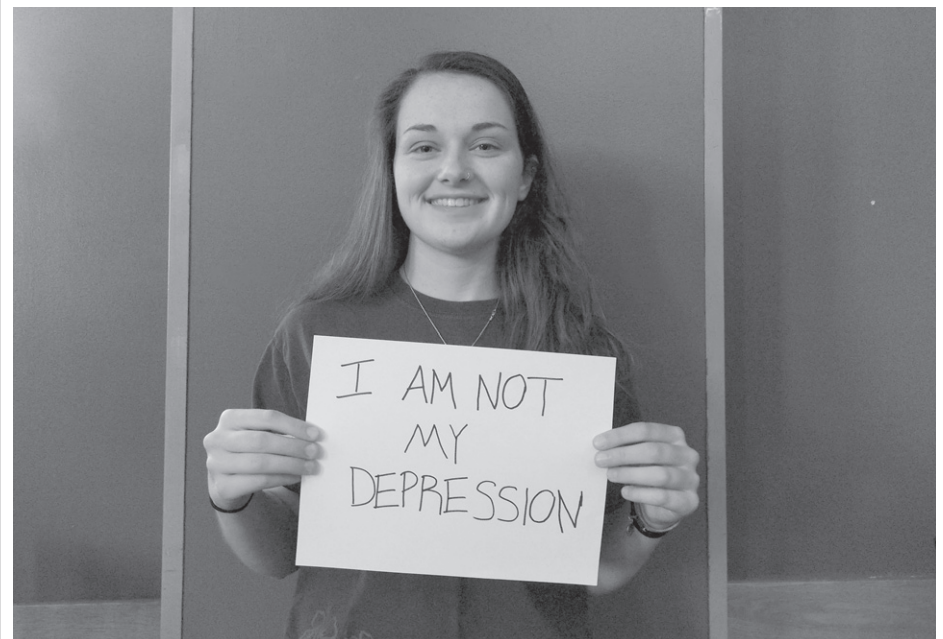
Being aware of the stigma of mental health can help students reduce the prevalence of it.

"You need have to awareness of it and a constant initiative to help people accept others who are different" stated Small.

Health and Counseling offers a wide range of services to students experiencing mental health conditions, including a large number of preventative, intervention and recovery services.

"It is important to give a message of hope, healing and recovery," said Small. "Mental health conditions are treatable. People do get healthier and have fulfilling lives."

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"I did not choose this brain, but I have learned how to live with it. I don't need pity and I don't need people to feel bad for me, but joking about mental illness is inappropriate."

- Cassidy Webster
Class of 2019

Cassidy Webster

"Mental illness has been a huge part of my life thus far. I have knowingly struggled with depression for about five years now.

Going through school became very difficult to me. More specifically during my senior year. I missed an immense amount of school, and I did not participate in any extracurricular activities. I barely spent time with any friends. I spent most of my days laying in bed with a horrible feeling inside of me. It felt like bricks were constantly weighing down my chest and shoulders. I could find no joy in my life. That being said, I was aware of my condition and I knew I could not continue on like that. When I was very depressed and I did not attend certain things, people would get upset with me and ask why I didn't care. I do care. I will always care. My brain was just in a bad place.

I had been seeing a counselor for a year or two prior to this depressive episode, so I did not know what was happening to me. I was mad at myself because I knew what happiness felt like, but I couldn't find it within myself. I was on medicine for a while, but I did not like it because I didn't like my body having to rely on a pill every day for happiness that others

can find on their own.

I have not needed to utilize any on-campus help, but I do not think mental health is thought of if one has not experienced it. If I am having a hard time it is easy for me to speak with my professors, but for those who are not able to do that, professors are not very understanding. The student may just be seen as one who does not do their work or show up. Even as someone that does not care. I struggle with that outlook.

With all that being said, I am finally in a happy place. I do not take one minute for granted. Although my brain is unpredictable, I have found comfort in taking my medication because I am able to acknowledge that it does regulate my levels of serotonin. I do not see my counselor as often as I used to, but I know she is there if I need her. I am writing this to bring more awareness to this issue. I am normally seen as a very happy person with nothing to complain about. I have a loving family and I am very lucky. I did not choose this brain, but I have learned how to live with it. I don't need pity and I don't need people to feel bad for me, but joking about mental illness, or any illness for that matter, is inappropriate. People have depression/anxiety now than ever."



“I’ve had a lot of issues with the validation of my emotions. The reason I waited so long to get help was because my parents told me I was overreacting and my feelings weren’t real. I would probably be a very different person if I was able to get help immediately.”

- Emma Donnelly
Class of 2019

Emma Donnelly

I was diagnosed with generalized anxiety disorder, a form of PTSD, and chronic depression when I was 16 years old during my junior year in high school. I am 19 now and a sophomore in college.

I’ve always had anxious tendencies as

long as I can remember. Like I grind my teeth, chew on stuff, tap my foot, my hands shake, I’m constantly stressed out, but I’d say it really started to get tough when I was 15 in April 2013 (my sophomore year of high school). I was in Boston on April 15 for my friend’s birthday and I was a block away from the marathon bombings. That day was obviously really stressful and I just remember the

weeks after I felt really different. I was fatigued constantly and I couldn’t concentrate and I just wanted to be in bed all the time. Then it progressively got worse and worse throughout my junior year of highschool, like to the point where

I couldn’t sit in class because I constantly thought the world was going to come crashing down around me. I wouldn’t go in cars, I was afraid of heights, I honestly never wanted to leave the house. I finally saw my doctor about it and started therapy spring 2014.

I’ve had a lot of issues with the validation of my emotions. The reason I waited so long to get help was because my parents told me I was overreacting and my feelings weren’t real. I would probably be a very different person if I was able to get help immediately. I didn’t even tell my friends that I was in Boston that day and about everything I dealt with emotionally until two years later. I saw a significant drop in my grades in school because I just couldn’t do the work. I didn’t even think I’d get into college because my grades were so poor at that point in my life. I had a boyfriend from winter 2013 to winter 2014, which is when all of this really started, and he was not supportive at all. I’d be visibly upset and all he would ever want from me was sex, and he completely invalidated my feelings, which resulted in a lot of coercive sex. I did not even realize how abusive that relationship was until after we broke up. I self-harmed quite often and only told a few of my friends because I knew my parents would not be helpful. If anything good came out of it it would be that I learned to advocate for myself at a relatively young age.

I’m a very introverted person as it is, but the invalidation of my feelings definitely kept me guarded. I’m still pretty guarded about letting new people in and being vulnerable but I’m more open to talking about my past because I’ve come a long way since then.

I’ve learned that self-care is really important and how to be self aware; like knowing when I’m going to go into the “dark place,” as I like to call it, and knowing the steps I need to take to bring myself out of it and feel okay again.

It’s super cliché but I love writing and exercising. I know that’s not what works for everyone but I like getting my thoughts out on paper to make sense of them and get my anxious energy out at the gym. I also love petting dogs. A few weeks ago I was super stressed out and I made my friends go to a dog park with me so I could see dogs (my own dog is in MA which is really sad). Photography is also really relaxing for me, and like I said self-care is super important.

I really love the Center for Sexualities and Gender Diversity because it’s such a relaxing environment and everyone who goes there is great. It’s such an inclusive space to talk about anything whether it’s serious or not. Health and Counseling is amazing, too. I have utilized them on more than one occasion. Depression can come and go in waves and although I’m doing much much better, I am definitely not cured. Health and Counseling has done a lot for me during my time here at USM. I’d recommend their services to literally anyone.

In the circles of people I associate with, I haven’t experienced any stigma. Everyone I talk to is very supportive of self-care and just doing what’s best for you. Mental illness is so so so common that everyone I know either has a mental illness or is super close with someone who has one. USM is pretty inclusive in my personal opinion.

There’s nothing to be ashamed of if you need help. Your feelings are always valid, and at USM you’re never alone. There are so many resources available on and off campus. The sooner you reach out and talk to someone, the better you’ll feel.”

“I was diagnosed with Bipolar I as a sophomore at USM. I never disclosed my status to anyone for fear of stigma. I think mental illness is stigmatized in general and people are afraid of being in class with people they consider to be ‘unstable.’”

- David Bruenjes
Class of 2016

David Bruenjes

I was diagnosed with Bipolar I as a sophomore at USM after a manic episode caused me to withdraw from classes for a year. I’ve been dealing with this mental illness since my late teens. I am now 26.

It impacts my ability to work, to be productive and to maintain healthy relationships due to the various symptoms of experiencing mania or depression.

At times it has helped me be intensely inter-

ested in a class. However, I’ve also made bad decisions and gotten poor grades when I could have done better. It’s difficult to be consistent throughout the semester and school year. I had to withdraw for three semesters because I was unable to function in class, and I had to accept several F’s when I could have gotten A’s or B’s. This particularly stung during graduation when I realized I could have worn a sash, had my GPA been slightly higher.

Initially I was helped by USM Counsel-
See **STIGMA** on page 8



From **STIGMA** on page 7

ing Services. Medication and exercise, along with other healthy lifestyle choices are what mitigates the symptoms for me, although I am still trying to find the best practices for dealing with my symptoms in my daily life.

I did register with the Disability Services Center but I never really used their services. I think I could have dealt with the situation better in hindsight.

I never disclosed my status to anyone on campus (except for one other student that was also on the bipolar spectrum) for fear of stigma. I didn't think it would be particularly bad, but I thought it was none of anyone's business. I think mental illness is stigmatized in general and people are afraid of being in class with people they consider to be

"unstable." I think in general students are becoming more understanding, because they are dealing with it themselves or see their friends suffering from it without any support.

Ultimately you are responsible for your treatment. Don't feel bad for yourself, because your illness doesn't define you. You are still you! You just need a plan to stay healthy. That usually involves medication, coupled with therapy, exercise, meditation, healthy eating and sleeping habits, etc. Accept advice but don't rely on others to "fix you." During college it's easy to overindulge in substances to cover up your symptoms and feel better, but eventually you need to reckon with it, which can be scary. I'm in a much better place now than I was when I began my studies at USM in 2009.

Ashley

Personally my experience with mental illness has been with bipolar 2 disorder, ADHD and general anxiety disorder. I also have family members who have been affected by these.

Most of my life. Being incorrectly diagnosed at 13 with major depressive disorder started my long journey of dealing with mental illness in my everyday life. Some days/weeks/months/years are better than others, but I've dealt with my mental illnesses every day of my life since I can remember.

The easier question might be "how hasn't it impacted me?" It impacts everyday tasks that are as simple as getting out of bed or going to class. There have been days where I've stared at my apartment door after getting ready for class or work and I just cannot get the energy up to open the door and walk out. There are also days where I don't sleep at all, and forget to eat, but get vast amounts of things done.

School has been difficult.

I've missed a lot of classes because of my ever-changing moods, and then when I'm done with a bipolar episode I miss more classes because I have anxiety about going back after I missed classes. It is a never ending cycle really. When doing work, I tend to not be able to focus quite long enough to get an assignment done, or I over focus and put way too much time and effort into one class and not enough into my other classes. Because of this, I can only take two classes a semester without getting overwhelmed. I've also been put on academic and financial probation a handful of times over the course of three years.

Personal life - I've lost friends. A lot of them. I've hurt a lot of people and I have said and done things I didn't mean at the time. I also have been reckless and gotten myself into dangerous and life-threatening situations which have ended with myself in the hospital or in the back of a cop car.

I've been in two outpatient treatment programs, and those have helped a lot. I was

"I've hurt a lot of people and I have said and done things I didn't mean at the time. I also have been reckless and gotten myself into dangerous and life-threatening situations which have ended with myself in the hospital or in the back of a cop car."

- Ashley
Class of 2018

lucky enough that I was able to take time off from work and school in order to get the treatment I needed and learn coping methods. I also have a great support system of friends and a few faculty members at USM that has helped me a lot.

I used health and counseling... like three times. It helped me at the time, and I wish more students used it (even students who may not have a mental health issue, but are just stressed because college is stressful as it is).

I honestly don't think it's talked about enough, and when it is it isn't talked about

in the right forum. I think a lot of professors (or at least the ones I have dealt with) don't understand just how life altering a mental illness is for a student. Some don't even want to hear about it. Others are very supportive. Overall, I don't think there is enough talk about it.

Speak up, be vocal, don't let anyone invalidate you or your illness. Not everyone will understand, but those who will are the best people to have by your side.

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24-HOUR CRISIS & SUPPORT HOTLINES



Maine Crisis Hotline
774-HELP (4357) or
1-888-568-1112



Intentional Warm Line
1-866-771-WARM or
1-866-771-9276



Sexual Assault Response Services of Southern ME
1-800-313-9900



National Suicide Prevention Hotline
1-800-273-8255

How hypnotism can offer you a deeper understanding of yourself

Krysteana Scribner
Editor-in-chief

Throughout history, hypnotism has been a form of therapy and intrapersonal manipulation - that is, a way to control our inner conscious and better understand our way of thinking. Hypnotism has become a popular method of self-help, where interested individuals will attempt to quit smoking, lose weight and even heal past trauma in order to better themselves as individuals.

While hypnotism is still a controversial topic, it's still widely misunderstood by the general public. Those who have not had the experience of being hypnotized, or who have been unsuccessfully hypnotised, are often quick to believe it's untrue. Yet, a study conducted by the University of

Virginia in 2004 revealed that individuals who are more prone to hypnotism actually have a difference in brain structure than those claim hypnotism has not worked on them.

"People can see how powerful their brain is and they are excited by it," said Eric Mina, a comedian hypnotist who visited USM in January of 2015. "I give them the ability to believe in themselves and that is why I say I dare you to dream."

This event, although meant to engage students in a fun and exciting activity, had also offered students insight to the power of the mind. By asking people to relax and let go of their worries, he was able to slowly seduce them into a hypnotic state where participants sat half-asleep and were under the control of

his requests. Many students were surprised to see just how powerful the experience was.

"I only remember falling asleep," said sophomore business major Christina Colman, who participated in the event from her seat in the audience. "My friend just showed me a bunch of videos of myself and I don't remember doing any of it. I woke up on stage a little bit confused." Because students expressed such amazed reactions, the university has continued to host hypnotists at events throughout the years.

According to research done by Stanford University, hypnotism is a person-dependent experience, and only 1 in 3 people are likely to enjoy the full effects during participation. In order to experience the true effect of hypnotism, one must be

willing to believe it wholeheartedly. To lay down and listen to a hypnotherapy video can only provide true effects if the participant is willing to open their mind, and remember that all hypnosis is self-hypnosis.

Those who undergo hypnotherapy are not necessarily experiencing a hypnotic state that will change their brain chemistry, but rather their way of thinking. This can be said about any particular practice that attempts to better understand our inner communications, or the way we perceive ourselves in correlation with the outside world. For those suffering with a mental illness, hypnotism can help someone to achieve better coping skills, a stronger understanding of their own experiences from an outside perspective and overall gain stronger communication

skills because of it.

"I've never experienced hypnotism, but I know that it works for some people," said Aurthur Anderson, a Portland local. "It's all about how we understand our own existence and how we understand our inner thoughts. That seems to be territory of the brain we aren't familiar with yet, so of course people aren't going to fully understand a practice such as this."

Throughout Maine, there are a variety of hypnotherapists and counseling centers that use hypnotherapy as a form of treatment. The Atlantic Hypnotherapy and Wellness Associates in Portland offers hypnotherapy as a way to "manage stress or pain, to improve business or athletic performance, or to kick bad habits." Their mission statement truly believes that you are the best

healer for your own wants and needs.

While hypnotism is still widely misunderstood, it's worth trying it as a method of healing and self-help, as it offers a non-invasive way to better understand your own inner communications. Even searching YouTube can bring up surprising amounts of legitimate hypnotism videos, such as Michael Sealy, whose audio videos offer help and insight to your reasons for depression, lack of sleep and unhealthy eating habits.

Regardless of your beliefs, this method of relaxation, while similar to meditation, can offer life-changing effects for those who are looking for alternatives to improve their mental health.

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From **ADDICTION** on page 5

own substance use to be casual, it is important for students to understand that addiction is built through physical dependency as well as behavioral patterns.

"There is no such thing as casual drug use," Miller stated. "Even when you space usage out, a single usage contributes to the possibility of dependency."

This year, USM opened a new recovery center, the Recovery Oriented Campus Center (ROCC). The ROCC

is located on the Portland campus in the Sullivan Complex above the gym.

USM was one in seven schools this year to be given a federal grant through the Association of Recovery in Higher Education. Not all schools have a recovery center, but as the issue of addiction becomes more prominent and talked about on campuses, recovery centers are becoming more common.

Some of the goals of the ROCC are to provide a comfortable place for those struggling with substance dependency, to provide active sup-

port for those people and to provide a setting to foster a community in which people can connect to provide support in overcoming dependency or addiction.

Currently, Tuesday and Thursday meetings are well attended because those were the days for substance groups to meet in previous years. Events also happen on Mondays, Wednesdays and Fridays in the ROCC.

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In Brief...



Local & State

Minimum Wage Discord: Question 4 Divides Portland's Restaurant Industry

The Portland Phoenix — This November, Mainers will vote on ballot question number 4, an effort to raise the minimum wage for all workers in Maine to \$12 an hour by 2020. Line cooks, tipped wait staff and owners in the restaurant industry remain divided on this issue.

Some believe that this wage increase — which if it passes would put Maine's minimum wage among the highest in the country — is needed to compensate workers adequately for their labor in a country where the cost of living continues to rise. But others in the restaurant industry say they already make well above the minimum wage, and raising it across the board could actually hurt their wages. Some wait-staff are worried that pricier meals on the menu will discourage diners from tipping their usual amount, when currently they make upwards of \$20-\$25 an hour on tips alone.

Others, that work in smaller restaurants or food businesses are nervous about losing their jobs altogether, if their bosses are unable to absorb the increased employment costs.

Businesses that rely on senior citizens on a fixed income might have to close their doors for good, if they can't keep prices affordable and a sustainable flow of customers through the door.

National

Trump says he'll sue women who have accused him

Boston Globe — Donald Trump on Saturday pledged post election lawsuits against every woman who has accused him of sexual assault or other inappropriate behavior, and he charged Hillary Clinton's campaign and the Democratic Party with orchestrating the allegations.

"Every one of these liars will be sued once the election is over," Trump said, adding, "I look so forward to doing that."

Trump's threat overshadowed his intended focus during a speech in Gettysburg, Pennsylvania, that was billed as a chance for the Republican nominee to lay out his agenda for his first 100 days in office. Trump promised to institute a hiring freeze on federal workers and to label China as a currency manipulator, but he first seized on the chance to once again try to discredit his accusers.

"Every woman lied when they came forward to hurt my campaign," he said.

Ten women have publicly accused Trump of unwanted advances or sexual assault in the weeks since a 2005 recording emerged in which the former reality TV star made sexually aggressive comments about women. Trump has denied all allegations while insisting some of the women weren't

attractive enough for him to want to pursue.

Trump stuck to his belief the election is "rigged against him," repeated false concerns about widespread voter fraud and insisted Clinton should have been barred from running because of legal questions about her use of a private email system as secretary of state.

Hackers Used New Weapons to Disrupt Major Websites Across the U.S.

New York Times — Major websites were inaccessible to people across wide swaths of the United States on Friday after a company that manages crucial parts of the internet's infrastructure said it was under attack.

Users reported sporadic problems reaching several websites, including Twitter, Netflix, Spotify, Airbnb, Reddit, Etsy, SoundCloud and The New York Times.

The company, Dyn, whose servers monitor and reroute internet traffic, said it began experiencing what security experts called a distributed denial-of-service attack just after 7 a.m. Reports that many sites were inaccessible started on the East Coast, but spread westward in three waves as the day wore on and into the evening.

And in a troubling development, the attack appears to have relied on hundreds of thousands of internet-connected devices like cameras, baby monitors and home routers that have been infected — without their owners' knowledge — with software that allows hackers to command them to flood a target with overwhelming traffic.

International

Iraqi Army Advances After IS Assault on Kirkuk

BAGHDAD — The Iraqi army pushed into a town near the Islamic State-held city of Mosul on Saturday, a day after dozens of IS militants stormed into the northern city of Kirkuk, setting off two days of clashes and killing at least 80 people, mostly security forces.

The Iraqi army said the 9th Division has pushed into the town of Hamdaniyah, also known as Qaraqosh and Bakh-dida, and raised the flag over its government compound, but the troops were likely still facing resistance in and around the town, which is some 20 kilometers (12 miles) from Mosul.

Hamdaniyah is believed to be largely uninhabited. IS has heavily mined the approaches to Mosul, and Iraqi forces have had to contend with roadside bombs, snipers and suicide truck bombs as they move closer to the city.

An Iraqi television journalist was shot and killed by a sniper south of Mosul, a day after another Iraqi TV reporter was shot dead while covering the clashes in Kirkuk.

Some fighting continued in Kirkuk a day after the IS assault on the city, some 170 kilometers (100 miles) southeast of Mosul. The wave of attacks in and around Kirkuk appeared to be an attempt to divert attention from Mosul.

The Kirkuk police said at least 80 people were killed in the assault, mainly Kurdish security forces. Another 170 were wounded, and a sundown curfew has been imposed on the city.

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Police Beat

*Selections from the
USM Department of
Public Safety police log
Sept. 11 to Sept. 18*

09/11/16

Did someone call the Po Po?

Assist Other Agency, Gorham PD. Gorham Police Department requested assistance with a call

09/12/16

Something something medical?

Medical Emergency, Wishcamper Center. Portland Fire Department dispatched for a patient that need rescue, unknown problem. Rescue transported to Maine Medical Center. Report taken.

You are banned from the books

Possible Criminal Trespass, Glickman Library. Report taken

09/16/16

Screaming drunk girl, unfounded

Disturbance, Upton Hastings Hall. Officer heard someone screaming in the area. Officer advises other students said it was a female student that was intoxicated. Officer checked the area, unfounded.

Intoxicated male refuses help

Liquor law violation, Upton Hastings Hall. RA reports intoxicated male on fourth floor wing. Subject was checked by rescue, refused transport. Report taken.

Third time in one night, drunk student

Liquor Law violation, Upton Hastings Hall. Rescue is responding for an intoxicated female student. Rescue transported to Maine Medical Center. Report taken.

09/18/16

Sunday sunday

Liquor Law violation, Rescue call, Upton Hastings Hall. Student transported to Maine Medical Center. Report taken.

Police Beats are edited for grammar and style

Arts & Culture

Entheogens for the spirit / 11
The tortured artist / 11
Cultural impact of *Sybil* / 12

Coping Through Digital Media



Dionne Smith
Free Press Staff

Life is extremely stressful. It fills you with anxiety and sometimes screams impending doom. It can be difficult to find a balance between the stresses of obtaining an education while still trying to work a job that can pay the bills. Human beings are hardwired to find ways to cope with the never-ending stress and anxiety that results from added responsibility. Some may watch television, listen to music, or just simply allow themselves a good, long crying session. Other individuals, however, turn to digital media as an outlet for stress relief, such as internet sites, social media, video games and a variety of other things, particularly ASMR. ASMR stands for Autonomous Sensory Meridian Re-

"If I'm at my friends house I have to wait for them to fall asleep to watch it because most people hate the sounds of it, so for me, it's for myself. I can't have anyone in the room or they have to be asleep."

-Bailey McDaniel
Freshman Biology Major

sponse. According to Bailey McDaniel, a 19-year-old freshman biology major who uses ASMR, ASMR can be defined "a sensation that you get to help you calm down." In addition, she said that "there's triggers that make you tingle to help you calm down." There are many different forms of ASMR. Some are just random sounds like tapping and lip smacking, but then there are visual ones, like a flashlight turning on and off, which manipulate your senses by dilating your eyes and making you tired. Then there are some kinds in which involve people making sounds while whispering in your ear simultaneously.

ASMR can help people with their stress, anxiety, ADHD, anger management and more. People find ASMR to be weird, including McDaniel. But she also described it as "calming," and she said it "makes you forget about time." Physically, it makes your body tired and heavier, which can result in a better night's sleep. McDaniel also said, "If I'm at my friends house I have to wait for them to fall asleep to watch it because most people hate the sounds of it, so for me, it's for myself. I can't have anyone in the room or they have to be asleep." Depending on the type of person,



Photo courtesy of USM Image Bank

USM Computer Science major Jonah Sanville experiments with virtual reality equipment at the Ci2 lab.

ASMR can be any sort of experience you want. It could be a form of meditation, it could be a form of hypnosis or it could be a spiritual experience, but it all depends on the type of ASMR being used and the person.

When describing her first encounters with ASMR, McDaniel said, "I thought it was really weird, but then I found myself watching more of them." When some of McDaniels' friends see it they say that it is weird, and it makes them uncomfortable. "Some people love it while other people judge for it," said McDaniel. It seems like you have to have a certain mindset going into it to get anything out of it, and it can be a hit or miss for some people. Also, people do not have to be stressed or in the middle of an anxiety attack to have to listen to ASMR. You can listen to it in situations such as while in bed to help you sleep, doing homework to help you focus, or when you have too much energy and need to calm down. ASMR is not scientifically proven to work, but McDaniel said it works as a form of therapy for her. These ASMR videos can be found on YouTube for anyone to try at any time.

Aside from ASMR, other digital media can be combined with work, and that can be work you enjoy doing. Work that sucks you in, and that you can enjoy, can work as a stress reliever. For some people, this kind of stress relief can be found in the Ci2 Lab. Only certain people have access to this floor of the Science Building, including Pavel Gorelov, a 26-year-old computer science major who describes the Ci2 Lab as "an entrepreneurial lab where you can work on ideas and technology, things that you want to do."

Taking many difficult classes like Calculus B and operating systems

can involve a lot of stress. He said working in the Ci2 Lab can be a stress reliever, and that "working on school work all the time isn't exactly fun, whereas the things I'm working on here are actually fun because I'm doing what I love." He also said that it is easy to get sucked into his work in the lab, where he spends an average of 20 hours a week. He uses social media such as Facebook, Instagram and Snapchat to relax as well.

Bryan Waring, a 20 year-old junior music composition major goes to the Ci2 Lab every Friday and composes music. He goes around to the different sections of the lab and asks if anyone needs music, be it for a movie or a video game, then he goes to his laptop and composes music for them. Waring said that being in the Ci2 Lab and getting into

"...sometimes when you post a question or something you're struggling with on social media, a bunch of different people in different situations can help you.."

-Bryan Waring
Junior Music Composition Major

his music definitely relieves stress. "Once I'm in my work zone absolutely, outside of it, even though I'm still in the building I can feel stressed if I'm not with my music," he said. "I do use social media such as Instagram to post rough situations that are going on and exposing myself and letting the general public get their view on it and seeing different takes, because while talking to friends is a great thing and something that I recommend to an average person, sometimes when you post a question or something you're struggling with on social media, a bunch of different people in different situations can help you."

Waring did, however, say that you can't depend on it all the time. Waring also said that he easily gets sucked into his composing, stating he often didn't even realize it's been an hour since he started. Cory Oliver, a 31-year-old electrical engineering major working in the Ci2 lab, also said that he enjoys his work and it's challenging, so it's easy to get sucked into. He also says working on his projects in the Ci2 Lab helps relieves stress and anxiety due to inputting time and feeling accomplished after figuring out a hard problem.

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THE SPIRITUAL JOURNEY



Matthew Craig
Arts & Culture Editor

The development of the spirit has been a part of the human experience throughout all of recorded history. There are many ways by which people reach their spiritual destinations, some through meditation, some through chance events that change their outlook on the world both permanently and abruptly. Those who reach these ‘awakenings’, shall we say, through meditation tend to be religious to begin with, which is true in the case of Buddhist monks who spend their time in meditation to reach enlight-

enment.

Aside from those types of spiritual transformations, there are those who seek answers to their metaphysical and otherwise spiritual questions through the use of substances known as entheogens. The word entheogen means generating the divine within. A classic entheogenic tradition is the use of peyote, a cactus that contains the psychoactive compound mescaline, by some Native American peoples.

If there’s a question of the popular cultural relevance of such traditions, one need look no further than a popular American rock band,

The Doors. Mescaline has deeply permeated American culture. In May 1953, Aldous Huxley, author of *Brave New World*, took mescaline and recorded his thoughts and feelings. This experience led him to write *The Doors of Perception*, an essay about his experience with mescaline and what he learned from it. The Doors took their name from this essay.

So, what do students in the 21st century think about entheogens? Do they maintain a modern relevance, or are they a relic of ancient spirituality? Shea, a student at the Maine College of Art (MECA), feels that, from

her own experiences, entheogens “do have a place in moderation.” Entheogens can serve to pull a person out of clockwork schemas (patterns of thought or behavior). In other words, Shea says, entheogens can “open your mind up.” Shea derived benefit from her experiences with the substances, stating that she “learned things that [she] wouldn’t have been opened up to” otherwise.

Another student of MECA, Michael Lonchar, has had experiences with entheogenic substances as well, but he feels somewhat differently about them than Shea. While experiences

with these types of drugs can be beneficial, Michael also feels that they are not necessary to have a spiritual experience. Further, they can exasperate mental illness in those who have existing conditions. He notes that he’s had both positive and negative experiences with them, but that they are “not for everyone” and even expressed a desire to “take back a couple.”

Another student, who has chosen to remain anonymous and who shall be known henceforth as Pliskin, has also had a spectrum of experiences with psychedelic drugs. He describes an experience of

“ego death” in which he did “not know what a human is.” Carter Phipps, a journalist and author, defines ego death as “the renunciation, rejection and, ultimately, the death of the need to hold on to a separate, self-centered existence.” Despite the negative aspects of his experimentation, Pliskin “still gained a weird connection” with an old friend, which has manifested in mysterious ways. When embarking on a later trip, after trying psychedelics with this friend, he received a phone call just as he began to feel the psychoac-

See **SPIRITUAL JOURNEY** on page 12

The tortured artist: stereotype or archetype?

Kelly Scrima
Free Press Staff

“The archetype of the tortured artist has been around a long time, and there are a lot of stories about the extreme personalities of specific historical artists such as Michelangelo, Vincent Van Gogh and Jackson Pollock,” said Kim Grant, associate professor of art history and chair of USM’s Art Department. “That said, I think that it is something of a cultural myth. In the Renaissance creativity and inspiration were associated with a melancholy personality, and some 19th century psychologists linked genius and insanity, but the history of art doesn’t indicate that artists in general are particularly tortured individuals. The extreme distortions of late

“The juxtaposition of the lone genius creating great works of art while driven by mental illness has for thousands of years been a significant story line with Western art.”

-Michele Kaschub
Professor of Music

19th and early 20th century expressionist artworks were often described by conservative critics and viewers as the productions of madmen, and that helped to establish the idea that modern artists were tortured souls. The romantic expressive artist with a tortured soul is one possible type of artist, but there are many other types of artists as well.”

Michele Kaschub, professor of music and coordinator of Music Teacher Education

stated: “The juxtaposition of the lone genius creating great works of art while driven by mental illness has for thousands of years been a significant storyline with Western art. A brief search of ‘tortured artist’ will produce a large number of studies seeking to determine if there is a link between creativity and mental illness. For all of the interest in the topic, spanning nearly every imaginable art form, the

See **TORTURED** on page 12



Photo courtesy of Photobucket

Wheatfield with Crows is a July 1890 painting by Vincent van Gogh. It is commonly stated that this was van Gogh’s last painting. Completed on July 10, 1890, he committed suicide only 29 days later.

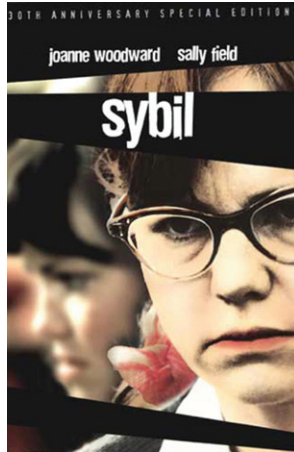
Sybil's impact on psychology

200,000 cases of Multiple Personality Disorder go unreported each year

Katie Harris
Free Press Staff

Based on the 1973 nonfiction bestseller by Flora Rheta Schreiber, the 1976 film *Sybil* is about a woman that has a dissociative identity disorder (DID). This disorder usually involves someone having two or more different personalities. *Sybil* (Sally Field), however, has sixteen of them. Each of *Sybil*'s personalities comes with its own patterns of behaviors, its own memories and its own relationships. When watching the movie for the first time, the viewer may find the episodes she goes through hard to watch, and many even question if this disorder can be that severe.

Sybil lives in New York City and works as a substitute teacher. Throughout the film, she often finds herself isolated and misplaced. According to Muhammad Wasceem's article on Medscape about DID, people see what the person (with DID) is doing and sometimes realize that the person is not aware of their surroundings, and they also experience other symptoms. These include passive disengagement and withdrawal from the active environment. An example from the film occurs at the beginning, where *Sybil* is at the park with schoolchildren. When she was asked to group the children together, she experienced flashbacks from her childhood and then ended up in a fountain, unaware of what happened, which caused the children and the public to either laugh or stare at her. This scene introduces the disorder she has and throughout the film she experiences more flashbacks like these. Later on in her apartment she suffers from another blackout, and it is at this point that she decides to seek medical help.



Lorimar Productions

She meets with a psychiatrist, Dr. Cornelia Wilbur (Joanne Woodward). When *Sybil* explains what has been going on to Dr. Wilbur, the latter recommends that they look into reducing the number of blackouts she experiences. DID cannot be cured, and can last for years or even for the rest of the patient's life, but some of the symptoms can be mitigated.

When Dr. Wilbur spends more time with *Sybil*, Dr. Wilbur quickly finds that she has experienced another episode. She sees *Sybil* when she becomes Peggy, the name given to the child-like personality that *Sybil* inhabits. She is seen sucking on her thumb, and the shouting, "What kind of monster did this to you?" Throughout the film, the various personalities of *Sybil* come out one by one. They include Vicky, who is 13-years-old, mature and speaks French, and Vanessa, who plays the piano and calls herself pretty. Both she and *Sybil* are interested in *Sybil*'s next door neighbor, Richard. One personality, Marsha, is suicidal and wants *Sybil* to die.

When the personalities of *Sybil* begin to reveal themselves to Dr. Wilbur, she then realizes that *Sybil*'s DID is rooted in her relationship with

her mother. The story of her childhood is one of the most troubling parts of the entire film; *Sybil* was emotionally, psychologically and sexually abused by her mother. When she creates these personalities, she wants to express all the horrible things that were done to her. That's why she is often misjudged when she's out in public, because people find her completely insane, but don't understand what she has been through.

In some of the scenes in the film where we see *Sybil* as a child, we see that she often suffered abuse at the hands of her mother. In one particular scene, she is blindfolded, tied up, hung and then eventually stored in a chest. It is a disturbing scene because of the constant abuse *Sybil* experiences from her mother in a short amount of time. The flashbacks people with DID experience often pertain to their childhoods, and these flashbacks can affect them for years or, even worse, for the rest of their lives.

Overall, the film is very well written and acted, especially by Sally Field and Joanne Woodward. When this film first came out in 1976, it sparked some controversy over the number of personalities that someone who suffers from DID can take on. Today, people should be more aware of DID, and by watching this film, they will begin to realize that this disorder does exist. According to the Encyclopedia of Mental Disorders website, DID is unknown to many because it is a rare disease: fewer than 200,000 cases are reported per year here in the United States. *Sybil* tends to be emotionally taxing to watch for some, but it should make people more aware of what this disorder does to people.

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From **TORTURED**
on page 11

findings still remain inconclusive." It is important for us to note that the correlation between creativity and mental illness is, as Kaschub said, inconclusive. As such, there is much research to be done on the multifaceted topic.

Kaschub noted that the focus should be placed less on "the archetype (of the tortured artist) and more on the ways that attributing creativity to mental illness marginalizes the artist and fails to acknowledge the serious issue of mental health." She also mentions that we should look at "the importance of the artist and the artwork within a broader realm of human experience".

Kathleen Wininger, professor of philosophy, asserted that many people "use art as a language of communication." She stated that people use this non-verbal language to communicate, without ego, through "a non-rational

From **SPIRITUAL JOURNEY**
on page 11

mode," as suggested by Sigmund Freud, such as their feelings and ideas. Wininger remarked that the use of a non-rational mode of communication can make people feel more comfortable opening up about sensitive topics.

Art therapy in both the visual arts and music is a blossoming field in the realm of therapy approaches. In music "therapists can assess the specific needs of a client and develop a program of activities that draw on singing, playing, composing, improvising, listening or moving to music to accomplish particular goals," Kaschub said. She also voiced concern that many medical insurances will not cover this form of therapy. Kaschub also informed me that the USM School of Music has partnered with Maine Music & Health to participate in Creative Health Conference. "This annual event includes professionals from art, dance, and music," she

with regard to whether these experiences are positive or negative. Dr. Caryn Prudente, the chair of USM's department of chemistry, was able to offer little on the effects of these types of drugs on humans. In general, though, she said the physiological effects of

will vary."

Entheogens have a wide range of effects on people, and the effects are completely dependent on who is using them. Further, how people are affected depends on how and where they are taken, and the person's state of mind. People's experi-

"... my opinion stands that almost anybody who is willing will have a life experience apt to shake them from apathy, or into a new state of self-awareness and that is probably worth it."

-Anonymous
USM Student

entheogens are "well understood, but different people will not have the same experience." In contrast with a drug like alcohol, which has rather predictable effects on the person, such as unfiltered communication, lack of coordination and so forth, with the use of entheogens the "behavioral and psychological effects

ences range from blissful to completely horrifying, but some people are able to learn things from psychedelic drug use that they otherwise would not. Like many spiritual things, this sort of self-discovery is highly personal and unpredictable.

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ences range from blissful to completely horrifying, but some people are able to learn things from psychedelic drug use that they otherwise would not. Like many spiritual things, this sort of self-discovery is highly personal and unpredictable.

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Local linen: Maine clothier

Dionne Smith
Free Press Staff

Maine has a lot to offer. From walking around the Old Port, you see so many people, so many restaurants. You're close to the water and you're in the middle of all the action. Maine also has its fair share of local businesses. Local businesses help our economy thrive and help contribute to the state of Maine. There was one clothes shop that I had to check out that was a local Maine business. It's called South Street Linen. Located on 5 South Street in Portland, this little clothes shop has tons to offer in terms of designs, and it's all made of linen. Upon walking in, it was small and organized. The space lines up with a variety of different clothes for any customer to come in and browse.

I was lucky enough to get an interview with one of the three owners, Jane Ryan, who is the second oldest of the three. The other two owners, Mary Ruthedstrom and Lynn Krauss, were not able to tend to the shop because they had their own things to do out of state. According to Ryan, the business started in 2010, when the economy was down. Ruthedstrom and Krauss decided they wanted to print on linen and dye linen to do something different and incorporated art. They sent Ryan the samples, and she loved them so much that she began sewing and they collaged 50 scarves in three months and they sold them for Christmas that year. Once seeing how well they sold they realized that they were in a business.

Ryan, as a young girl, never saw herself being where she is now, in fact at first she was a psychiatrist for 20 years, after she majored in sociology in college. She went from that to doing art, that's when Ryan, Ruthedstrom and Krauss got together, as the three knew



Dionne Smith / Free Press Staff

Loads of linen inventory line the racks of SO ST Linen. Ruthedstrom, Krauss and Ryan have been purveyors of the highest quality clothing since 2010.

each other in college. This store sells mostly women's clothes. (I say mostly because they have one men's shirt that's also selling out). The linen they used to make their clothes is made from stems of flax, a plant that grows mostly in eastern Europe. They get it from a manufacturer in Lithuania that works closely with the three owners to give them specific designs and to send them samples to see what they like. Their clothes are designed for women who feel like the clothes that they sell speak to them. Since in our fashion industry the women's clothes are so custom tailored to skinny girls in their 20s and 30s, there isn't a lot of clothes for older women.

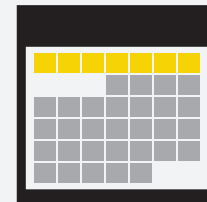
The clothes tailored at South Street Linen are geared towards those older women who feel like it's okay to be their age and to be comfortable with their bodies because there are, indeed, clothes for them. She calls them "Relief clothing". When thinking

of new designs, the owners all ask themselves what they would want and they make it, which awesome. The clothes are described as artsy and architectural. She also describes them as comfortable, to flatter, and to feel comfortable in. So all in all women who like that kind of artsy look would really appreciate what South Street Linen has to offer for them, especially older women. The average price of their clothes is about \$200.

Their inspiration comes from different types of movements, different places that the owners traveled to, even Twiggy Ramirez was an inspiration for their clothes. I asked Ryan what separates her local business from large corporate businesses. She replied by saying she knows who makes her clothes, the people who help her, their families, and that these are strong relationships, the ease of business with someone a few blocks away than someone days away is also a big difference between local busi-

nesses and large corporate businesses. She also feels like quality control is easier, and she likes that she's feeding the economic community of Maine, which is important to her. In addition, Ryan likes the social environment of the job. She loves working with her partners and her friends to create new clothes that they like, she likes contributing to Maine, and she likes working with her customers, listening to their request and being able to fulfill them. Even during the interview she had to tend to some customers that came in, and her conversations with them were friendly. You don't get that same social feeling buying from corporate stores. I was happy to be able to sit down and talk with Ryan about her business. She was upbeat and talkative and fun to be with. If I was a girl, I'd be buying something from South Street Linen because just from looking around, I liked what I saw.

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A&C Listings

Monday, October 24

'Worst Day of the Week' Comedy Night
Blue
650 Congress St.
From: 8:00 To: Close

Tuesday, October 25

Watsky
Port City Music Hall
504 Congress St.
Doors: 8:00 Starts: 9:00

Wednesday, October 26

And The Kids
Empire
575 Congress St.
Doors: 9:30 To: 10:00

Thursday, October 27

Phantasm: Remastered (film)
Space Gallery
538 Congress St.
Showtimes: 2:00, 7:30, 9:45

Friday, October 28

Railroad Earth
State Theatre
609 Congress St.
Doors: 7:00 Starts: 8:00

Saturday, October 29

Purple Brainz 4: A Halloween Tribute to Prince
Port City Music Hall
504 Congress St.
Doors: 8:00 Starts: 9:00

Sunday, October 30

Jamestown Revival
Port City Music Hall
504 Congress St.
Doors: 7:00 Starts: 8:00

Want to submit an event?
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Perspectives

Sustainability & ME / 15

Crossword and word search / 16

Sudoku and cryptogram / 16



Letters & Comments:

Fear in “ME”: In response to LePage’s know your ENEMY

I am a Combat Veteran, a Purple Heart recipient, an immigrant refugee, a husband and best of all, a role model to my beautiful children. Maine is my home but the person who leads us continues to racially divide this beautiful state. Governor LePage said, “When you go to war, you shoot at the enemy, and right now [these enemies] are people of color or people of Hispanic origin.” This is the Fear in Maine that I reserve. These words hit me right where it counts, a knock down as it should be but nonetheless, a racially charged statement that could get my son and I killed. Perplexed is an understatement because on his third day in office, he shook my hand and welcomed me home from my most recent deployment. I do enjoy my 2nd Amendment rights, I appreciate the new law concerning conceal carry, and his desire to end the war on drugs. No one in their right mind wants to be in a state of emergency regarding the drug epidemic that has plagued Maine, your community, your friends and perhaps your family.

This is who I am, an educated Asian American living the American dream with a beautiful wife, healthy children, and a white picket fence adorned with a flag pole embracing my country. I will tell you Mr. Governor, which you will never understand the words you spoke are more than just a SIMPLE statement. It is not about being politically correct. It is about misrepresenting who Mainers are by identifying the wrong enemy of the state for the war on drugs.

Being a soldier, my due diligence is to protect the vulnerable population, my son, and the people of color. Labeling is one thing, but to label a child, my child, is another. It is a direct death threat to our existence. His statement made me struggle with self-identity, thinking I was living in a lie and in a place that I don’t belong. Men have followed me into battle. This battle ground with the war on drugs knows no color. Targeting people of color will leave Maine with less skilled immigrants. You will miss those tacos, pho soup and other multicultural foods that you crave from time to time.

My son has a father, a Latino man who

works hard to ensure that his son has the toys, games and clothing needed to keep comfortable. That father is not me. I came into his life when he was in diapers, it was love at first sight and he embraces me as Daddy! Now that he’s in 4th grade, it won’t be long until he is judged as a young man because of these very words. My fear runs deep for his safety, luckily for my little girl, the governor hasn’t made a direct remark regarding her by having a father who is Cambodian and a mother who is from Down East. My wife is also not a VICTIM by his recount.

Our governor speaks about going to war by insinuating that war has one single story, the story of knowing and shooting your enemy. I challenge you to know your neighbor, speak to them without prejudice and to find the common ground that we as humans can relate to. Our children will grow up with adversity but diversity should not be a wrong in their eyes. I belong here too. In April of 2004, a part of me died in Iraq, fear was a constant factor that kept me alive but this fear in “ME” is different. We will be a part of this systemic change, stopping one drug dealer at a time and giving hope to the human race. War is not pretty, it is traumatizing but sometimes, war creates a memory worth reliving.

When you go to war, “A friend dies in Front of YOU.”

When you go to war, “You take silly photos of a 120mm willey pete.”

When you go to WAR, “You get recognized for your teachings and willingness to serve OUR Country.”

When you go to WAR, “You make friends nicknamed BISCUIT and he names you, CAMBODIAN SUPER SPY.”

When you go to war, “after your Joe flips a \$1.5M vehicle, you laugh about it and cherish those moments.”

Mr. Governor, when you go to war... wait, you have never been to war, please don’t label me. I AM NOT YOUR ENEMY

Signed,
Staff Sergeant Pao
United States Army, Retired.

A Millennial’s Conscience

Peace Action Maine and USM

A small but fiercely devoted group of activists

Bryer Sousa
Free Press Staff

While studying chemistry and physics as a member of the University of Maine’s Honors College, I found myself, nearly three years after the start of my academic work, longing for further forms of civic engagement. From taking a course on the

theory and practice of civic commitment with Folklorist Melissa Ladenheim of UMaine to striving towards the actualization of clean drinking water in underdeveloped countries via the co-creation of the Water for ME Foundation, I consistently longed for additional means of contributing to the ‘common good.’ Upon

reaching out to group after group in the Greater Bangor Region, I discovered the Peace & Justice Center of Eastern Maine as well as its UMaine Chapter, the Maine Peace Action Committee.

With further investigations into the two groups in

See **PEACE ACTION**
on page 15

Let’s Talk About It

I often run away with my anxiety

Johnna Ossie
News Editor

I remember being very young and telling my mom in the car one day, “sometimes I feel like I want to run very fast and far because I’m so scared.”

“To where?” She asked, and I answered, “Away.”

I didn’t know then what to call my feelings or how to explain them, but I know now they are caused by Generalized Anxiety Disorder, a mental health condition that can cause panic attacks and anxiety that interfere with daily life.

Mental health conditions often start to show up in the early twenties. Two years ago I was having panic attacks so often that it was hard for me to leave my house. A lot of things contributed to my anxiety being so strong. An unhealthy relationship, my constant struggle with my body image, the fact that I was scared to talk about it to anyone other than my therapist, and a lot of the time I couldn’t bring myself to leave my house to get to

therapy in the first place. I didn’t know what to do to help myself. I felt completely paralyzed by my panic attacks.

My doctor prescribed me a medication for anxiety, which started to help. I moved out of my apartment and distanced myself from my unhealthy partner. I started opening up to my friends and family, and I stayed in therapy. I took a summer away from Portland and lived in the woods where things are more quiet. I took a lot of walks. Then one day, I noticed that I wasn’t panicking so much. I wasn’t crying or hiding in my closet, or pacing my apartment. I stopped taking my medication and I still felt okay.

I learned to move my body in ways that release tension. I still feel scared, and I still want to run very fast and far, but now I put on my running shoes and do it. Somedays it feels wonderful, somedays it feels terrible, but it always helps. I started going to yoga and other group exercise classes and stretching my body and sweating. I started

dancing all the time. Moving my body is the only way I’ve learned to really control my anxiety. Not to stop it completely, because right now, it’s part of me, but to work with it, to shift it, to give it somewhere to go.

It sounds simple when written out, but in reality it was a very long, tumultuous road, that most of the time felt impossible to travel, and often felt like no progress was being made at all. It took me years and years of trying and failing to feel like I can control my mental illness.

Different things were for every person on their road to mental health. Some people need medication, some people don’t want it, some people love therapy and some people hate it. What matters is that we keep trying, and keep talking to each other to reduce the stigma of mental illness. We all have a story to tell and journey to share that could help someone else feel less alone, and help them take the first step on the path.

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Sustainability and ME

Climate change: pipeline, society & solutions

Benjamin Alcorn
Contributor

Climate change: These two words are thrown around so often that they hardly mean anything anymore, yet their implications are vast. This summer, the Dakota Sioux of Standing Rock spoke out against the proposed Dakota Access Pipeline, calling themselves ‘protectors.’ The movement is unique, because while it addresses a symptom, it also challenges the system which allows climate change to transpire.

It may be difficult to imagine, but only a few hundred years ago, the land we call America was the home of an entire nation—a tribal network of advanced human beings. The principles with which they lived were truly sustainable: Grandfather, a Lipan Apache born in the 1870s, was one of the last Native Americans to grow up free from the ideologies of European Americans. He believed that his duty was to “help and nurture creation, not to destroy it.” In general, Native Americans’ culture acknowledges that there are enough resources for all, as long as one takes only what one needs.

This time of year, it is especially relevant to discuss these important historical facts. Just this past week, students, staff and faculty celebrated a national holiday commemorating the conquest of Christopher Columbus. What does it say about us as a society if we celebrate the genocide and persecution of ancient civilizations?

Fortunately, many Native Americans are still standing strong, speaking out against the injustices towards our shared home. For the past few months, tribes from all over the globe have come together in unison for the well-being of the earth. The focus point for this movement is

the opposition to a proposed multi-billion dollar pipeline which would cross the land of the Dakota Sioux reservation and travel under the Mississippi River, as well as through shared water sources. The pipeline project and complementary #NODAPL movement went viral when reporter Amy Goodman, of *Democracy Now!*, filmed pipeline security using dogs as weapons to attack peaceful protesters as they opposed the bulldozing of a sacred burial site.

“We have to deal with the systemic issues of a predator society...a society based on empire, based on conquest,” stated Winona LaDuke, a lifelong and leading environmental activist and organizer, during a keynote speech in 2012. She requested that the audience contemplate a worldview which would support human life in 1000 years. It is incumbent on all of us to do the same. LaDuke contends that, “We could spend our lives fighting one pipeline after another after another, but someone needs to challenge the problem.” In other words hurricanes, leaky pipelines, and melting ice-caps are symptoms, whereas the real issues lie in systems.

This is where you come in. It can be easy to feel powerless or as if your actions are futile, but this could not be further from the truth. Consider this: A young man walking down the street sees an old woman holding a turtle. “What are you doing with that turtle?” he asks politely. “I’m scrubbing away the algae that has accumulated on her shell. Once it’s off, she’ll be much more comfortable,” says the woman. The young man looks incredulous and shakes his head replying, “You must realize how many ponds and lakes there are in the world with so many millions of turtles. How can you possibly make a difference?” Letting the turtle back into the pond, the woman replies, “I

sure made a difference to that one.”

As the story illustrates, each action we perform can have great significance. Taking responsibility for our actions is the first step to becoming empowered. If we think deeply, we will see that the overall actions of individuals are the building blocks for society as a whole - and in the same respect - society as a whole gives us a framework within which we act.

By taking the time to think about future generations, we can make decisions which will have positive outcomes. To name a few: walking or biking instead of driving, disposing properly of waste, and taking only the food that we need are simple steps that individuals within the USM community can take to stem climate change. We can also spread awareness about the realities of climate change by educating ourselves and speaking with friends and family.

As a part of the USM community, it’s important to understand the impact that the institution has on climate change. In 2006, USM reported that it was responsible for 23,692 thousand metric tons of CO2 emissions. As part of the University President’s Carbon Commitment that was signed in 2012, USM has pledged that it will reach carbon neutrality by the year 2040.

The plan entails reducing 80 percent of carbon emissions with energy efficiency and renewable energy, and offsetting the remaining 20 percent at an off-campus location. This is a great goal for the university. It’s the first step towards sustainability and an inspiration to bring change into our own lives and communities. Climate change is real. It’s happening now and we are the only ones who can ensure a positive future for generations to come.

From **PEACE ACTION**
on page 14

and around Bangor, I quickly came to realize that the very fact that they existed offered the student body of the university a chance to engage with genuine community members as well as two leading philosophers, Douglas Allen, professor of philosophy, and Dr. Michael Howard. That being said, having been forced to relocate to the University of Southern Maine, such that I was able to access the immediate health care that I had required for some time, I found myself missing the comradeship the Maine Peace Action Committee and Peace & Justice Center encouraged. I began to repeat an all-too-familiar pattern of trial and error with local and regional groups in the metropolitan hub that engulfs Portland and the USM campus. I realized that I resonated with a small but fiercely devoted group of activists who organize under the banner of Peace Action Maine.

I had the privilege of participating in an event that was organized by Peace Action Maine last semester on March 3 of this year, the volunteer-led organization and the state of Maine amalgamate of the group National Peace Action and a local collective with more than twenty-five “years of grassroots mobilizing to end war and occupation and to abolish nuclear weapons,” presented a live-

streaming video conference featuring Bill McKibben, titled “Creating a Climate of Peace.” The conference took place in Talbot Hall on the University of Southern Maine campus at 7:00 P.M. Free and open to the public, “Creating a Climate of Peace” was co-sponsored by the University of Southern Maine Department of Environmental Science and Policy.

The conference members included Meaghan LaSala, of Divest UMaine and the

introduced a new member of the Peace Action Maine board, Devon Grayson-Wallace who gave a brief introduction to Bill McKibben before he reached the audience of approximately sixty-five people by satellite. Devin went on to say:

“In 2006, with seven undergraduate seniors in Middlebury, Vermont, and no money or other resources except insight and courage, Bill McKibben became a principal founder of 350.org, the now illustrious in-

“I realized that I resonated with a small but fiercely devoted group of activists who organize under the banner of Peace Action Maine.”

Southern Maine Workers Center; Iris SanGiovanni, of Maine Students for Climate Justice and Protect South Portland; Sherri Mitchell, Executive Director of the Land Peace Action Foundation and indigenous rights lawyer; Chloe Maxin, of Divest Harvard who is also writing a book on climate change for The Nation; Lee Chisholm of the Greater Portland division of 350.org; and the keynote speaker Bill McKibben, founder of 350.org, environmental activist and author of *Eaarth*.

Professor Emeritus Stanley Scott of the University of Southern Maine, who authored *Frontiers of Consciousness* and is the president of Peace Action Maine,

ternational organization that has coordinated over 15,000 rallies in over 89 countries since 2009, all to raise consciousness of the imminent dangers of climate change,” Grayson-Wallace stated in his introduction.

To give back, I am pleased to share with all of you that a newly conceived Student Member Group of Peace Action Maine at USM has now been formally established and is looking for members to join us as we struggle against oppression, globally. To join, please email me at bryer.sousa@maine.edu.

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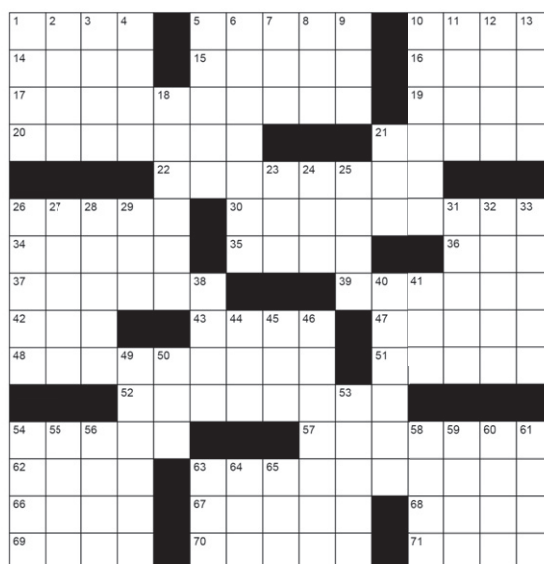
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Crossword

Across

1. _____ Mason
5. Ancient moralist
10. Crash investigation org.
14. Zeno's birthplace
15. Carp
16. Defunct electronics brand
17. Better
19. Commoner
20. Biblical cry
21. "The Canterbury _____"
22. Fairylake
26. Eric Clapton classic
30. Instrument
34. "You're _____ and don't even know it"
35. Sicilian thing
36. Additionally
37. Japanese index
39. Classic chocolate drink brand
42. Popular cable channel, briefly
43. Short note
47. Jack up
48. Marker
51. Church recesses
52. Psilocybin source
54. Accept
57. Not carrying
62. "Is _____ good time?"
63. Biologist's instrument
66. Three, to Freud
67. Basho work
68. Hosp. scans
69. Iraq's Muqtada al-_____
70. Comparatively peculiar
71. Eat like a hen



Down

1. Rachel's sister, in the Bible
2. Ticklish Muppet
3. Turns right
4. Apple variety
5. Excruciating pain
6. Performing unpredictably
7. Singapore carrier (abbr.)
8. Elect
9. Capital of Pennsylvania?
10. Incendiary mixture
11. Work the soil
12. _____Pea (Popeye's kid)
13. Nickname for Barbra Streisand
18. Sentence server
21. _____Bo (exercise system)
23. Managed care grp.
24. Tape speed abbr.
25. Sculpting medium
26. Roofed patio
27. For the bees
28. Hitched, as oxen
29. Albanian currency
31. Cultural value system
32. Slipknot loop
33. Honks
38. Philanthropist Hogg, et al.
40. First Family
41. Caveman of comics
44. Biblical verb ending
45. Neighbor of Alg.
46. P.J. _____ (early editor at "National Lampoon")
49. Make worse
50. Paste partner
53. "Time Is _____ Side"
54. Added particulars
55. "Dumb" comics girl
56. Had an outstancing balance
58. Ottawa-based enforcement gp.
59. Additional amount
60. "Iliad" or "Aeneid," e.g.
61. Escritoire
63. Unit of conductance
64. DCA alternative
65. El _____ (Spanish hero)

Cryptogram

Every letter in a cryptogram stands for another letter. Use the hint to crack the code.

FP PLQ FDDMFB PLFDGIHOUODH TODDQS
PLOI XQFS, QUQSXWDQ ODIOIPQT WD PF-
BGODH PMSGQX.

And here is your hint: X = Y

The solution to last issue's crossword



Sudoku

Level of difficulty: Medium

The object of a sudoku is to fill in the remaining squares so that every row, every column, and every 3 x 3 box contains each of the numbers from 1 to 9 exactly once.



Word Search

Theme: Mental Health

Search for the list of words in the grid of letters. Grab a pen and circle each word as you find them.



- Addiction
- Anorexia
- Anxiety
- Awareness
- Bipolar
- Brain
- Depression
- Disorder
- Health
- Insomnia
- Mental
- Mind
- Paranoia
- Prevention
- Schizophrenia
- Stigma
- Stress
- Suicide
- Therapy
- Trauma
- Treatment
- Wellness



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USM Community Page



People of USM

Rebecca Brainerd, Counselor

"We worry about the people we sit with. We hope for them. Sometimes, we cry for them too."

Jack Hahn
Free Press Staff

Mental health counselors play a crucial yet underappreciated role in day-to-day college life. From an interview with Rebecca Brainerd, a mental health counselor at the University of Southern Maine, much can be learned about what counselors do, why counselors have chosen their profession and what it entails. Brainerd explained that the job, although brimming with heartbreak, is a rewarding one that inspires her on a daily basis to do what she loves: help others.

"Our job is painfully difficult some days but other days we get to witness the power and beauty of the human spirit," Brainerd explained. "I love to hear the stories of the students and the strength and resiliency embedded in those stories. I wanted to do that all the time. I decided to go back to graduate school and become a counselor."

The life of a counselor is all about balance, both inside and outside the workplace. Having a job that they are so invested in can have its downsides. Feelings and emotions felt at work can carry over into counselors' personal lives. Counselors try and alleviate the emotional drain connected with their work by keeping a more jovial tone during office downtime.

"My colleagues make my job easier," she chuckled. "They are some of my favor-

ite people in the world."

According to Brainerd, counseling can be difficult, but it's always worth it at the end of the day. She has chosen this career because she loves working with students. If anything, the most stressful part of her job has to be the fact that it doesn't leave her mind at the end of her work shift. She is always thinking about the students she is working with. Everyone copes with stress in their own ways, and Brainerd explained how, at the end of the day, she loves spending time enjoying the outdoors.

"I go on a lot of walks. I spend time outside. I appreciate my time with my family and friends," she noted. "I honor each day with gratitude."

On average, each counselor sees one student for about 20 minutes a week. In these meetings, they try to go over the student's wide variety of wants and needs in order to improve their mental well-being. Brainerd explained that, out of all the students that come to see her, the most prominent mental illnesses are depression and anxiety.

"We see challenges pertaining to emerging adulthood, but we also have a very diverse student body which allows us to see similar themes and problems to community mental health clinics," she stated.

Being such a large part of their clients lives—a shoulder to cry on, a friendly face to

vent to, someone to turn to in times of need—counselors can get emotionally attached to their clients. They need to walk a fine line when this occurs, however, as they need to stay professional. When asked about how she balances friendship with her job, Brainerd said, "Very carefully! Boundaries are important, both in the therapeutic relationship as well as in friendships."

One of the more frustrating sides of being a counselor on a college campus is how often they are overlooked by the community as a whole. Brainerd believes that sometimes the greater USM community doesn't fully understand who they are as professionals, and hopes that through her words, students may be more inclined to come by the office if they so desire. Brainerd also stated that many students aren't aware of the counseling services at USM and hopes to change that in the future.

"We are counselors in a college setting, but we are all real therapists," she explained, "the senior staff is made up of 3 psychologists and 4 clinical counselors. We are all independently licensed by the state of Maine."

Brainerd and all counselors feel deeply for the clients under their care.

"We worry about the people we sit with. We hope for them. Sometimes, we cry for them."

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Photo courtesy of USM Website

A Counselor at the University of Southern Maine sits one-on-one with another student. The counseling services are a helpful resource for any student looking to work out their feelings.

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Learn to let go of stress, cry about it

The 'comfort corner' inside the woodbury campus center gives students a safe space to hide away from the world and relax

Mary Ellen Aldrich
Community Editor

With midterms coming up, and the stress they bring on top of the already - stressful life of a college student, things can get overwhelming. The Center for Sexualities and Gender Diversity (CSGD) has a good place prepared for those seeking a safe quiet place to decompress. Within the CSGD, located in the Woodbury Campus Center, is a little known haven called the Comfort Corner.

Going on three years of existence now, the Comfort Corner was first created by a student named Erin who attended and graduated from USM a few years ago. Erin was very in touch with her emotions and often would cry as a response to intense emo-

such since there is now a kitchen on the other side of the door as well as a freezer placed directly in front of it. Within the Comfort Corner, you can find comfy pillows, some blankets, plenty of books, tissues, some writing utensils and scrap paper for jotting things down and, during especially difficult times, like finals week or during stressful world events, there is often chocolate or other candies there.

The Comfort Corner is meant for anyone who needs it. While the CSGD mainly focuses on the LGBTQ+ community, they also welcome anyone else who wishes to come into the center. Everyone, from workers to students, uses the space. Even some working students make use of the Comfort Corner, such as Whitney Bolduc, a se-

at the CSGD. Benoit has made use of the Comfort Corner herself a few times. "It's a necessary thing sometimes to have that space," Benoit commented. "To have that space to just do your own thing and to just have some quiet to study is good. Different people use it for different things."

Margaret Palola-Harriman,

Comfort Corner helps him identify people who are really stressed or just may need to talk. "As an employee," Ovady said, "it can help me identify when someone might need or want to talk about something. I can offer my help if I've noticed they used the corner, or just let them be if they used the corner and did

"It's necessary thing sometimes to have that space, to just do your own thing and to just have some quiet time to study. Different people use different things."

- Emily Benoit
Junior psychology major

"I could just go into the comfort corner whenever and stay anywhere from a couple of minutes to a couple of hours. I come out when I'm ready and feel productive."

- Whitney Bolduc
Senior communications major

tions. While she was comfortable doing this around others, she knew not everyone was the same way. She started the Comfort Corner, located on a half staircase platform behind a wall in a small section of the CSGD, for herself and others to take some time to chill. At the time it was referred to as the crying corner. Because some people didn't need it for crying, but just to get away, chill or escape chaos and noise, the name was recently changed to the Comfort Corner. The Comfort Corner is placed in front of a door that once served as an emergency exit. It is no longer used as

nior majoring in communication studies. Bolduc, who has used the Comfort Corner on a few occasions, said, "It's really awesome to have a place where people can go just to cry if they want to, or just to be alone. And one of the things I like about the center is that however you're feeling that day, it's accepted." Bolduc also said the Comfort Corner is helpful when she feels really overwhelmed: "I haven't had a breakdown yet this semester, but if I do the comfort corner is there waiting for me."

Emily Benoit, a psychology major in her junior year, is another student who works

a fifth year student majoring in entrepreneurial art, finds the Comfort Corner useful as a sound barrier. Being on the autism spectrum means Palola-Harriman deals with sensory overload. Having the Comfort Corner available allows her to decompress and calm down when needed without having to go home and lose focus on her studies. While Palola-Harriman doesn't work at the center, she does spend lot of time there. "I'm just a lurker," she said, "but I could just go into the comfort corner whenever and stay anywhere from a couple of minutes to a couple of hours. I come out when I'm ready and feel productive, which is really necessary for any full-time college student."

Overseeing the center quite often is a student named Kiren Ovady, a senior majoring in media studies who has been a dedicated CSGD worker for four years. Ovady finds the Comfort Corner to be helpful in a similar way as Palola-Harriman, in that it serves as a sound barrier. Most often, however, Ovady finds the

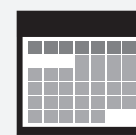
their thing. But I always extend an offer."

Overall the Comfort Corner has been a positive place for many people. And having people like Ovady who are standing by to help if need be makes it even more beneficial.

Sarah Holmes, the assistant dean of students and deputy Title IX coordinator at USM, said that if there's something you'd like to add to the Comfort Corner, you're welcome to talk to her. One of the items often donated to the CSGD is books for their lending library.

As Bolduc mentioned, the Comfort Corner is always there and ready to let you de-stress. So, this semester during midterms and finals or any other time, if you get especially stressed, or need to decompress for any reason, the Comfort Corner is always a good place to go. The Comfort Corner is accessible whenever the CSGD is open.

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Community Events

Monday, October 24

Gail Skudera W O V E N Exhibit
USM Portland Campus
5th floor Glickman Library
Starts: 7:45 a.m. / Ends: 6:00 p.m.

Tuesday, October 25

Beginner Swahili Class
USM Lewiston-Auburn Campus
3rd floor conference room
Starts: 5:30 p.m. / Ends: 7:00 p.m.

Internship Informational Meeting
Lewiston-Auburn Campus
Campus Room 185
Starts: 11:45 a.m. / Ends: 12:45 p.m.

Wednesday, October 26

Movie Screening: Night of the Living Deb
USM Gorham Campus
Brooks Student Center
Starts: 9:00 p.m. / Ends: 11:00 p.m.

Thursday, October 27

Escape Room
USM Gorham Campus
Hastings 165 and 167
Starts: 8:00 p.m. / Ends: 11:00 p.m.

Friday, October 28

ASL Club's 3rd Annual Haunted House
USM Portland Campus, \$5 admission
ASL Lab, 49 Exeter St
Starts: 7:00 p.m. / Ends: 10:30 p.m.

THE GHOST HOUR
USM Portland Campus, \$7 admission
Southworth Planetarium
Starts: 7:00 p.m. / Ends: 8:30 p.m.

Saturday, October 29

Maine Hunger Dialogue
University of Maine Orono
Wells Conference Center
Starts: 8:00 a.m. / Ends: 5:00 p.m.

Sunday, October 30

Avenue Q - The Musical
USM Gorham Campus, \$5 student admission
Corthell Concert Hall, Starts: 2:00 p.m.

Want us to include your event?
maryellen@usmfreepress.org

Sports

Monday

Golf
NEIGA
Championship

Tuesday

Men's Soccer
vs Salem State
3:00 p.m.

Friday

Women's Hockey
vs. Endicott
7:00 p.m.

Saturday

Men's Soccer
vs. WCSU
11:00 a.m.

Sunday

Volleyball
vs. WCSU
12:00 p.m.

Athletes for awareness: SAAC



Photo courtesy of USM Athletics

Dr. Erin Hatch encouraged athletes to create a sense of belonging with teammates.

Erin Brown
Sports Editor

In the world of sports, treating torn ACL's, broken wrists and concussions are usually the main concern

of an athlete's health. The prevalence of mental illness in athletes is increasing rapidly and it is time to treat depression, anxiety and other mental illness in the same fashion a physical

injury is treated. Coaches and athletic departments across the nation are taking great measures to ensure that athletes everywhere are taking care of their bodies as well as their minds

and mental wellbeing.

A study conducted by the British Journal of Sports Medicine in January reported that one in four students athletes experienced "clinically relevant" levels of depressive symptoms at some point. Think of the math on that, if there is roughly 20 members of a team that means there are roughly five members of said team who could be struggling.

Universities are not taking this data lightly by any means. The University of Michigan has created a research, treatment and educational project dedicated to mental health for athletes called Athletes Connected. Recently, the National Collegiate Athletic Association (NCAA) released new guidelines on how to deal with the mental health of college athletes. NCAA's medical chief, Brian Hain-

line believes mental health is a top concern for the association.

The University of Southern Maine's athletic department is also making strides bring light to this topic. Assistant director for athletic media relations, Christina Cracolici, talked about the lengths the athletic director Al Bean goes to make sure athletes and coaches know where and how to get help if need be.

Friday Oct. 12, the Student Athlete Advisory Committee hosted an Active Bystander and Peer Advocacy training for all students. Those in attendance were from sports across the board, from field hockey, to soccer, to volleyball, and lacrosse. The objectives of the training was for the students to have an increased understanding of the warning signs of mental illness, depression,

anxiety, substance abuse and suicide.

Sports psychologist and former collegiate athlete, Dr. Erin Hatch, is currently a member of the University of Southern Maine's athletic department and spoke at the event about the extra stressors in which student athletes experience. Hilarie Fotter, a USM Doctoral student and intern with USM Counseling Services, also spoke at the training.

Dr. Hatch opened up the discussion describing the terms active bystander and peer advocate. An active bystander, Hatch described, was someone who heard something and intervened.

Read the rest online:
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Physical exercise: a mental benefit

River Plouffe Vogel
Free Press Staff

We have a fascination with exercise in this country, call it an obsession if you will. Last year alone billions of dollars were spent in exercise, weight loss and diet or nutrition plans. Each way you turn there is an advertisement about new and faster ways to cut fat or gain muscle. The cultural pressure in our society to stay fit is as pressing as ever, regardless of one's age, preferred gender status and ethnicity. While the majority of what we are exposed to focuses on the physical benefits and external aesthetics, there is so much more to exercise than simply looking good.

Of course there are the ob-

vious benefits like reducing your risk of cardiovascular disease, type two diabetes, some cancers, strengthening your bones and improving your mood. However, the mental health benefits are just starting to be more thoroughly researched, and here is where exercise can help you not only improve your self-image and health, but overall quality of life.

Jennifer Allen, or as most people know her by, Niffy, is the body shop manager and personal trainer at the USM Sullivan Gym. She has worked for decades in the exercise and fitness field, with people of all ages and physical abilities. When asked about the non-physical benefits of exercise Niffy was quick to use the example of the older individuals who she works

with on a weekly basis.

These are individuals who come and work out consistently, multiple times a week with their friends and colleagues at the Sullivan gym. We are creatures of habit after all, and consistency was a recurring theme in Niffy's examples. It becomes more than just a workout, it's an opportunity to socialize, to make connections in the community, and to stimulate the mind and body.

Another great example Niffy gave was that someone trying new exercises for the first time. It takes communication between the brain and body to perform unfamiliar physical tasks, requiring an active body, but an equally active and reactive mind. In this sense you can clearly imag-

ine the mental and physical simulations that take place to properly execute a new exercise.

The research suggesting exercise and prolong your mental health is very strong, but just like the body, you have the develop a consistent routine to enjoy the full life-long benefits. In an already busy lifestyle, finding the time to build a consistent routine can be difficult, but if this hump can be overcome, the results are sure to follow. Our muscle memory is constantly adapting to our routines as well, and the same goes for the brain.

Variation and consistency will keep the mind and the body sharp. If you can find ways to make your routine a social experience, the benefits can be even bet-



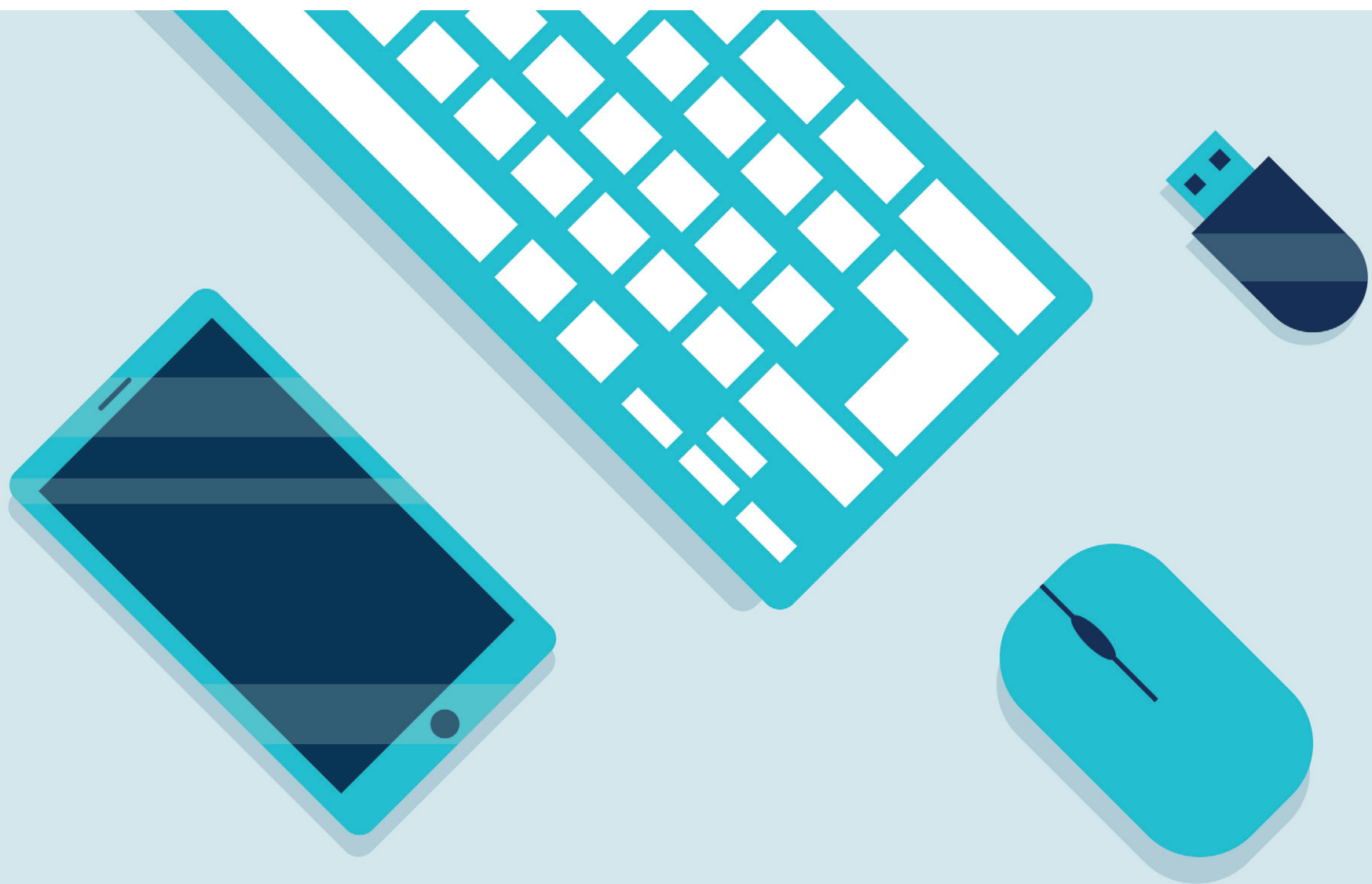
Photo courtesy of USM Website

USM students use all resources on campus to exercise.

ter. Whether you're a young full-time college student, returning part time student or working full time with a family and taking classes on the side, finding 20 minutes out of the day to stimulate your mind and body can improve your health, relieve stress and boost your over-

all mood. You're never too young or too old to start, and it's important you find what works for you and to ensure you build a routine.

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